



Success Stories

Muir Elementary

The students at Muir have really enjoyed the healthy snacks that they have been getting each Tuesday and Thursday during their first recess. Each week the Davis Nutrition Services has a fruit and vegetable for our students from the grant. Davis Nutrition Services has tried to get fruits and vegetables that the children may not have tried before. The students have tried such things as jicama, raw zucchini, sugar peas, English cucumbers, Asian pears, strawberries, pomelos (type of grapefruit) and a variety of apples. When something new is placed out for the children, their natural curiosity is to not want to try it. But after telling the students about the vegetable or fruit, many of them will try it and they find out that it tastes pretty good. For example, when we had the jicama (a root plant often put in salads) the students did not know what it was. So I tasted it (for the first time also) and told them it was kind of sweet and had the texture of an apple. Once a few students tried it, they liked it and the word spread. Soon all the kids were trying it and liking the jicama. The kids often ask for seconds. We have to tell them to wait until all the kids have had a chance to come out to morning recess and try the selection. We put any extras out on the salad bar at lunch. And they all get eaten.

The kids love the snacks. They ask me every Tuesday what the snacks will be for the week. I let the parents know through e-mail when their children have tried something new like the jicama or Asian pears. The parents have overwhelmingly supported the program. They are glad their children have been exposed and are trying new vegetables and fruits.